

September 2010 **HOT**

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time			1	2	3	Time 4	5
6:30	STUDENT FREE WEEK 20TH to 26TH		Stroud (60)	Lorri (60)	HOLIDAY HRS	8:00	HOLIDAY HRS
9:30			Chloe (90)		Chloe (90)	9:30	HOLIDAY HRS
12:00			Chloe (60)	Stroud (60)		12:00	Gerald (60)
5:00			Jill (60MF)	Laura (60F)		2:00	Karyn (45 KidsYoga)
6:30			Jill (75)	Lorri (75YY)	Gerald (90)	4:00	Lorri (90Y)
8:30	Aura (75)	Lorri (90Y)		7:00			
	6	7	8	9	10	11	12
6:30	HOLIDAY HRS	Lorri (60H)	Stroud (60)	Lorri (60)	Stroud (60)	8:00	Laura (60MF)
9:30	Aura (90)		Kelly (90)		Kelly (90)	9:30	Sarah (75)
12:00		Gerald (60)	Laura (60)	Stroud (60)	Chloe (60)	12:00	Sarah (60)
5:00		Jill (60MF)	Kelly (75MY)	Laura (60F)	Laura (60MF)	2:00	
6:30	Aura (90Y)	Jill (75)	6:45 Kelly (Shoulder 30)	Lorri (75YY)	Chloe (75)	4:00	Karyn (45 KidsYoga)
8:30		Jill (60)	7:45 Kelly (Eldoa 50min)	Lorri (90Y)	Chloe (60K)	7:00	Sarah (90Y)
	13	14	15	16	17	18	19
6:30	Stroud (60)	Lorri (60H)	Stroud (60)	Lorri (60)	Stroud (60)	8:00	Gerald (60MF)
9:30	Stroud (90CC)		Kelly (90)		Chloe (90)	9:30	Jill (75)
12:00	Laura (60F)	Gerald (60)	Sarah (60)	Stroud (60)	Chloe (60)	12:00	Jill (60)
5:00	Kelly (60)	Sarah (60MF)	Kelly (75MY)	Laura (60F)	Laura (60MF)	2:00	
6:30	Kelly (75)	Sarah (75)	6:45 Eric (ABs30min)	Lorri (75YY)	Sarah (75)	4:00	Gerald (60)
8:30	Kelly (90MY)	Sarah (60)	7:45 Eric (Eldoa 50min)	Lorri (90Y)	Sarah (60K)	7:00	Lorri (90)
	20	21	22	23	24	25	26
6:30	Stroud (60)	Lorri (60H)	Stroud (60)	Lorri (60)	Stroud (60)	8:00	Laura (60MF)
9:30	Stroud (90CC)		Kelly (90)		Kelly (90)	9:30	Jill (75)
12:00	Laura (60F)	Sarah (60)	Sarah (60)	Stroud (60)	Chloe (60)	12:00	Jill (60)
5:00	Sarah (60)	Gerald (60MF)	Kelly (75MY)	Laura (60F)	Laura (60MF)	2:00	
6:30	Sarah (75)	Gerald (75)	6:45 Kelly (Knee 30)	Lorri (75YY)	Chloe (75)	4:00	Gerald (60)
8:30	Sarah (90MY)	Gerald (60)	7:45 Kelly (Eldoa 50min)	Lorri (90Y)	Chloe (60K)	7:00	Kelly (90Y)
	27	28	29	30	CLASS DESCRIPTIONS:		
6:30	Sarah (60)	Lorri (60H)	Stroud (60)	Lorri (60)	(60) 60min Moksha	(60K) Karma \$5 Donation	
9:30	Sarah (90CC)		Kelly (90)		(75) 75min Moksha	(90CC) Community class for all only \$5	
12:00	Laura (60F)	Sarah (60)	Sarah (60)	Stroud (60)	(90) 90min Moksha	(45K) Kids Yoga	
5:00	Kelly (60)	Gerald (60MF)	Kelly (75MY)	Laura (60F)	(60F) 60min Flow Not Hot	(50) 50min Eldo	
6:30	Kelly (75)	Gerald (75)	6:45 Eric (ABs30min)	Lorri (75YY)	(75MY) 75min Moksha Yin	Spinal & Myofascial streching	
8:30	Kelly (90MY)	Gerald (60)	7:45 Eric (Eldoa 50min)	Lorri (90Y)	(90Y) 90min Yin	(60H) 60min Hatha Reg Temp room	